



The Magic of TEN

Ten is a perfect score in Olympic gymnastics
The Big 10 and PAC-10 Conferences
Our decimal system is based on ten
Ten Commandments

Top Ten lists
Phil Rizzuto wore number 10
FBI's 10 Most Wanted List
10 Downing St. is a famous address

"What a Difference **TEN** Minutes Can Make" is a booklet by Rex Houze

You can make a tremendous impact in ten minutes; in ten minutes you can:

Help someone or hurt them.
Unleash someone's potential or squash it.
Motivate someone or de-motivate them.
Build someone up or tear them down.
Learn how to bring out the best in someone or settle for sub-standard performance.
Encourage someone or encourage someone.

- You can also spread joy or spread misery.
- You can positively impact those around you or negatively influence them.
- You can pass on what you have learned.
- You can "pay it forward."
- You can **T**each someone.
- You can **E**ncourage someone.
- You can **N**urture someone.

In addition to making a difference in someone else's life ... ten minutes at a time, you can also make a huge difference in your own life.

In ten minutes, you can:

- Read 5 pages in a self-help book – the equivalent of one 150 page book per month.
- Listen to a portion of a self-improvement or motivational CD = 60 hours of self-improvement per year – the equivalent of attending 5 two-day workshops.
- Re-connect with a family member, friend, former co-worker, or someone who influenced you in a positive way, e.g. teacher, coach, mentor, etc.
- Learn something new.
- You can reflect on your strengths, blessings, and/or things you are thankful for.

As we approach this holiday season and a new year, I encourage you to consciously and purposely choose to spend as many ten minute opportunities as you can to encourage others and improve yourself.

ACTION: **Take 10 minutes and make a Top Ten List of things you will do in 2010 to encourage, build up, nurture, teach, and learn.**